

Non-alcoholic fatty liver disease

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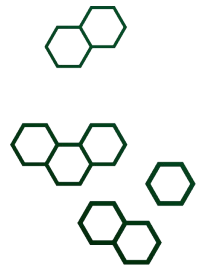
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Non-alcoholic fatty liver disease: mind the gaps

Pathophysiology and non-invasive diagnosis

Pauline Verhaegh

Maastricht 28 april 2021

1. Defenestration is a protective mechanism in simple steatosis which is present to a much lesser extent in non-alcoholic steatohepatitis.
This thesis
2. Serum ferritin is related to inflammation in NAFLD patients, even though mild hepatic iron accumulation can be present in the liver biopsy.
This thesis
3. Myosteatosis is not associated with the degree of hepatic steatosis.
This thesis
4. A non-invasive tool to diagnose non-alcoholic steatohepatitis should consist of various parameters that represent different pathophysiological pathways involved in non-alcoholic steatohepatitis.
This thesis
5. Burden and costs of NAFLD can be reduced by improving diet quality and physical activity and increasing awareness of NAFLD.
This thesis, impact
6. Lifestyle should have a more prominent role in preventing and treating diseases. That is why doctors and medical students should get more training on nutrition and behavioural change.
De Weijer, Huisarts & Wetenschap 2017
7. Shift work affects health negatively, on both individual and community level.
Jaradat, Sleep Medicine 2020
8. The gap between what we can learn and what is known is increasing all the time. We now know less and less about more and more, so being expert means knowing and publicly acknowledging the limits of your ignorance.
Fraser, BMJ 2010
9. To be a scientist is to be naive.
HBO series Chernobyl
10. In the middle of difficulty lies opportunity.
Albert Einstein
11. Everything will be okay in the end. If it is not okay, it is not the end.
John Lennon